



The Sertoma Arts Center

1400 W Millbrook Road
Raleigh, NC 27612 (919) 420-2329

Fall Adult & Senior Programs

Dance – Ballroom I

Age: 16yrs and up. Students are instructed in at least 4 of the following dances during each series: Foxtrot, Swing, Waltz, Cha Cha, Rumba, Tango, Hustle, Samba, Mambo, and Merengue. Instruction in each dance includes the basics, the techniques, and styling for both beginning and some advanced dance patterns. Couples only please, each person from each couple must register separately. Instructors, Liz Sorrell and Mike Metcalf. Class Fee: \$80

#112000 Sep 20-Nov 29 T 7:15-8:30pm

Dance – Ballroom II

Age: 16yrs and up. Students should be proficient in the majority of the dances covered in Ballroom I and ready to progress to more difficult routines. In addition, students may be introduced to more advanced dances such as Advanced Foxtrot and Quick Step. Both proper techniques and more advanced styling are stressed. Prerequisite: At least three (3) Ballroom I dance series or the equivalent. Couples only please. Each person from each couple must register separately. Instructors, Liz Sorrell and Mike Metcalf. Class Fee: \$80

#112001 Sep 20-Nov 29 T 8:15-9:30pm

Drawing – Basic Techniques

Age: 16yrs and up. This class is for beginners and those who need a refresher. Explore contour, proportion, perspective, form, and value. It is recommended to take a drawing course before any painting course. This will provide a great foundation. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor, Cindy Mounce. Class Fee: \$84

#112188 Sep 21-Oct 26 W 9:30am-12:00pm

Drawing – Breaking Down Drawing: Observation and Mechanics

Age: 16yrs and up. Most drawings that fail do so in the beginning stages due to limited observation of the subject, poor planning and limited drawing mechanics—usually because the artist tries to render surfacedetail and small structure before adequately treating primary considerations like overall placement and composition, proportion and balance, and larger shape and structure. This workshop focuses on first things first. Using comparative measurement to aid observation students will learn how to scope out their work before committing errors with the pencil, and how to break out of relying on only finger and hand Mechanics in drawing to use the whole range of arm drawing mechanics. Richard Cloudt, instructs. Check confirmation for supplies. Class Fee: \$36

#112968 Oct 19 W 6:30-9:30pm

Drawing – Drawing and Painting with Color Pencils

Age: 16yrs and up. Colored pencil is the perfect stepping-stone for the artist who wishes to move from drawing to painting. If you like to draw, you will love colored pencils. The basic techniques and tips for using colored pencils are covered in the course. Students will have a completed project by the end of the course. All skill levels welcome, although basic drawing skills are recommended. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor is a signature member of the Colored Pencil Society of America Instructor, Linda Koffenberger. Class Fee: \$84

#112678 Nov 7-Dec 12 M 1:00-3:30pm

Drawing Workshop – Illustration Techniques, Norman Rockwell

Age: 16yrs and up. If you saw the recent Norman Rockwell exhibit at NCMA, you'll love this workshop! Rockwell was a master at telling a whole story with a single frame. Learn some of his techniques in this engaging and informative workshop. We will study many of the artist's pieces, then try our hand at some of our own. Richard Cloudt, Instructs Check confirmation sheet for supplies. Class Fee: \$48

#113077 Nov 16 W 6:30-9:30pm



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Drawing Workshop – Magazine and Editorial Cartooning

Age: 16yrs and up. Do you subscribe to The New Yorker just to read the cartoons? Much can be said with a single panel! From light social commentary to weighty editorial opinion to whimsical entertainment, the one panel gag cartoon has inspired people through magazines and newspapers for over a hundred years. Learn the basics of this still young art form and try your hand at creating your own cartoons in this fun workshop. Richard Cloudt, instructs. Check confirmation for supply. Class Fee: \$48

#113078 Dec 7 W 6:30-9:30pm

Drawing/Painting – Open Model Studio

Age: 16yrs and up. Model Study is a non-instructional studio geared towards artists who want to work with live models. It enables artists working in wet or dry media the opportunity to complete a figurative work. Participants are required to bring their own supplies. This class is monitored by Sertoma approved staff. It is timed allowing for model breaks. Drop-in Rate is \$10 per session. We only take 15 people per date. All models are fully clothed.

Drop-In

#112709 Sep 18 Su 1:30-4:30pm

#112710 Sep 25 Su 1:30-4:30pm

#112711 Oct 2 Su 1:30-4:30pm

#112712 Oct 9 Su 1:30-4:30pm

#112713 Oct 30 Su 1:30-4:30pm

#112714 Nov 6 Su 1:30-4:30pm

#112715 Nov 13 Su 1:30-4:30pm

#112716 Nov 20 Su 1:30-4:30pm

Jewelry – Bead Stringing

Age: 16yrs and up. Learn how to design and string your own necklace, bracelet and earring set using fresh water pearls, sterling silver and other semi precious stones. A \$20-25 supply fee payable to instructor, depends on what stones/beads you select. Instructor: Marla Ainspan. Class Fee: \$40

#112728 Dec 5-12 M 6:30-9:30pm

Jewelry – Make your own earrings

Age: 14yrs and up. Design and make your own earrings using sterling silver and semiprecious stones. Students will complete at least 2 sets of earrings. \$15 supply fee due to instructor.

Marla Ainspan Instructs. Class Fee: \$25

#112727 Nov 21 M 6:30-8:00pm

Jewelry – Simple Beauties Beaded Bracelets and Necklaces

Age: 16yrs and up. Pull out your leftover seed beads, pearls, etc. or if you are new to beading, choose some favorite colors to create these two necklaces. These are simple, inexpensive and lovely. And there are infinite variations possible. Written instructions provided to take home. See example at www.jamieartandphotography.com. Jamie Miller instructs. If you do not receive your supply list please contact 919-420-2329 and we will email it to you. Class Fee: \$48

#113092 Nov 2-16 W 6:30-9:30pm

Jewelry – Simple Spiral Bracelet

Age: 16yrs and up. Using a simple, straightforward method of right angle weave, we will create a lovely bracelet that looks like a spiral rope. Quick to make with many variations possible. Examples can be seen at www.jamieartandphotography.com. Jamie Miller instructs. If you do not receive your supply list call 919-420-2329 and we will email it to you. Class Fee: \$40

#113093 Oct 9 Su 1:30-4:30pm



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Knitting Arts – Knitting for Beginners

Age: 13yrs and up. Learn the basics of how to knit. You'll learn how to cast on, bind off, knit and purl while creating a useful dish-cloth, and then you'll progress on to make a beautiful scarf. Perfect for new knitters or as a refresher course! \$10 supply fee due to instructor. Kathryn Goodman, Instructs. Class Fee: \$60

#112619 Sep 21-Oct 12 W 7:00-9:00pm

Knitting Arts – Sock Knitting

Age: 13yrs and up. There's nothing like a pair of warm hand-knit socks! You'll learn how to cast onto double-pointed needles and construct a heel and gusset, instep and toe. Advanced beginner-must have basic knitting skills and be comfortable with knitting in the round. Kathryn Goodman, instructs. Class Fee: \$60

#112620 Oct 15-Nov 5 Sa 10:30am-12:30pm

Mat Cutting – Mat Cutting Basics

Age: 16yrs and up. This class is for those wishing to learn basic mat design and cutting. This class will qualify you to use the center's C&H professional mat cutter, paper cutter and shrink wrapping equipment. In addition image mounting preparatory to framing and shrink wrapping will be covered. The student will design and cut a single mat during the class. Instruction will also be provided for designing and cutting of double mats. Glen Wells instructs. Student must bring a photo or artwork to mat in class (no larger than 11'x14') and their own mat board and foam core large enough to mat their art at least once. Class Fee: \$28

#111917 Sep 14 W 6:00-9:00pm

#111918 Oct 11 T 6:00-9:00pm

#111919 Nov 10 Th 6:00-9:00pm

#111920 Dec 13 T 1:00-4:00pm

Music – Adult Group Guitar for Beginners

Age: 16yrs and up. Students will learn the basics of hand positioning, how to read music notation/tablature, as well as chord diagrams and riffs. Learn in a fun environment and jam with new friends! Student must bring their own acoustic or electric guitar. Class Fee: \$60

#112683 Sep 19-Oct 24 M 6:30-7:30pm

#112685 Nov 7-Dec 12 M 6:30-7:30pm

Paint/Draw Workshop – En Plein Air!

Age: 13yrs and up. GO GREEN on the GREENWAY! Join fellow artists on a painting expedition at Sertoma Arts Center and Shelley Lake. Explore your surroundings and gain the knowledge it takes to complete successful plein air artwork. You will choose your medium and explore methods for abstracting the landscape and adding sparkle to your paintings with intuitive, expressive color. Students should dress comfortably and come prepared to walk. Each student will receive personal attention, complete with helpful tips and suggestions. Mz. Julee, instructs. Students must have experience in drawing/painting and bring their own materials, easels and chairs. Meeting in the Center first for a introduction and view finder lesson then out to the park. Will be rescheduled if weather is not permitting. Class Fee: \$40

#115243 Oct 1 Sa 10:00am-2:00pm

Paint/Drawing Workshop – Watercolor & Colored Pencil Texture

Age: 16yrs and up. Watercolor and colored pencil artists will enjoy this half-day Mixed Media workshop. Learn to blend watercolor and colored pencil along with other media such as graphite, water-soluble Neocolors and more to achieve striking texture and easy detail. Experience required in either watercolor or colored pencil. If you do not receive your supply list call 919-420-2329 and we will email it to you. Linda Koffenberger, instructs.

#112964 Sep 30 F 9:15am-12:45pm



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Painting – Adventures in Watercolor

Age: 16yrs and up. Explore all the essential watercolor basics and the 'rules' and 'no-rules' of watercolor. Gain confidence in using this incredible medium. Learn what you need to know to paint beautiful watercolors, while creating several no-stress paintings in class. This class is for beginners and those who want to strengthen their skills. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Kate Lagaly instructs. Class Fee: \$84

#112124 Sep 21-Oct 26 W 1:00-3:30pm

#112125 Nov 9-Dec 14 W 1:00-3:30pm

#112126 Sep 22-Oct 27 Th 7:00-9:30pm

Painting – Beginning Acrylics

Age: 15yrs and up. This basic class offers students a gentle introduction to acrylic painting or a reintroduction to basic concepts, with a focus on getting started. Students will work from life using simple still-life arrangements, from their own photos, or their imagination. Students will learn about materials, color mixing, shape, and perspective. Informal lessons, paint along demonstrations will assist as you learn at your own pace. Supply list will be provided. Instructor: Larry Dean. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Class Fee: \$84

#111811 Sep 20-Oct 25 T 1:00-3:30pm

Painting – Beginning Painting

Age: 16yrs and up. This beginning class offers students a gentle introduction to painting or a reintroduction to basic concepts, with a focus on getting started. Students will work from life using simple still-life arrangements, from their own photos, or imagination. Students will learn about materials, color mixing, shape, and perspective. Informal lessons, paint along demonstrations will assist as you learn at your own pace. Students may work in acrylics, or traditional oil paints. Instructor: Larry Dean. Class Fee: \$84

#111812 Sep 20-Oct 25 T 6:30-9:00pm

#111816 Nov 7-Dec 12 M 6:30-9:00pm

Painting – Continuing Acrylics

Age: 16yrs and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works in progress. Instructions will include more about color mixing, shape, and perspective. Informal advice will assist as you learn at your own pace. Subjects covered range from selecting a subject to varnishing the finished work. Supply list will be provided. Instructor: Larry Dean. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Class Fee: \$84

#111813 Nov 8-Dec 13 T 1:00-3:30pm

Painting – Continuing Painting

Age: 16yrs and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works in progress. Instructions will include more about color mixing, shape, and perspective. Informal advice, paint-along demonstrations will assist as you learn at your own pace. Subjects covered go from selecting a subject to varnishing the finished work. Students may work in acrylics, or oil paints. Instructor: Larry Dean. Class Fee: \$84

#111814 Nov 8-Dec 13 T 6:30-9:00pm

Painting – Doug Strickland Workshop

Age: 16yrs and up. Learn to paint portraits from locally acclaimed portrait artist Doug Strickland. Using a live model, Doug will develop a sketch, discuss the typical proportions of the face and figure, and show how variations from those proportions define the individual portrait. He will demonstrate the use of various colors in rendering skin tones and the choice of background color. Whatever your level of experience, you will learn techniques from an award-winning artist. Bring your own materials to paint along with Doug, or simply come to observe and learn. Class Fee: \$48

#112334 Sep 24 Sa 10:30am-1:30pm



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Painting – Landscapes in Watercolor

Age: 16yrs and up. Have you ever looked across this beautiful state of North Carolina and wanted to paint the vista? Discover your creativity and vision with a simple palette and established techniques to create a vibrant landscape in watercolor. Explore the mountains, rolling farmlands, and seaside while painting your own masterpiece for friends and family. Janie Johnson instructs. Class Fee: \$84

#112130 Nov 7-Dec 12 M 10:00am-12:30pm

Painting – Painting without Fear

Age: 16yrs and up. This beginning painting course will give students basic techniques and familiarity with the materials for painting with acrylics. Loosen up and let the paint do the talking, creating paintings from photographs that have the freshness of plein air. Larry will demonstrate how to exaggerate the color in a photograph and to apply a bright underpainting in acrylic. We will explore subjects using photography as a useful tool. Emphasis will be on color mixing, perspective, color choices, editing and composition. Step-by-step projects will lead to surprising results in an atmosphere of fun and discovery. Students should come to class with a selection of photos. Lots of individual attention will be provided. Supply list will be provided. No class November 25.

Instructor: Larry Dean. Class Fee: \$84

#111815 Sep 19-Oct 24 M 6:30-9:00pm

Painting – Watercolors in Bloom

Age: 16yrs and up. Painting those beautiful flowers you see in a garden is easier than you think! Using a simple, uncomplicated palette of color and basic shapes, you can create lovely flowers in watercolor. Learn techniques to add texture to those vibrant roses. Precious pansies, and spring bulbs such as tulips and daffodils. Kate Lagaly instructs. Class Fee: \$84

#112129 Sep 19-Oct 24 M 10:00am-12:30pm

Painting Workshop – Holiday Greetings in Watercolor

Age: 16yrs and up. This one-day watercolor workshop will teach you how to make wonderful holiday cards using simple techniques. Tap into your imagination to create a small, simple original design. These cards are a gift themselves! Come have a wonderful time with friends and family! All skills levels welcome! Bring a lunch or snack. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Janie Johnson instructs. Class Fee: \$48

#112956 Dec 3 Sa 10:00am-2:00pm

Painting Workshop – Painting Poinsettia in Watercolor

Age: 16yrs and up. Be inspired at the holidays and paint the plant distinguished during the season as the 'winter rose'. Learn simple techniques to create brilliance in the flaming red leaf-like flower and rich green of the petal-like leaves. No watercolor experience required. If you did not receive your supply list contact the Sertoma Arts Center at 919-420-2329 and we will email it to you. Janie Johnson instructs. Class Fee: \$48

#112957 Dec 2 F 9:15am-12:45pm

Painting Workshop –Watercolor Sampler

Age: 16yrs and up. Basic Watercolor Sampler Do you want to try watercolor painting before you sign up for a whole course? Than this is the class for you! Students learn the basic brush strokes, color mixing, and applying water media paint, composition, and color theory. Come express your creative self through watercolor! Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructors: Janie Johnson (Sept 16), Kate Lagaly (Nov 4). Class Fee: \$48

#112954 Sep 16 F 9:15am-12:46pm

#112955 Nov 4 F 9:15am-12:46pm



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Painting/Drawing Workshop – Pastels Fun with Landscapes

Age: 16yrs and up. In this two day workshop, students will have the opportunity to have fun with the colors in nature. The first session will be devoted to experimenting with design and color. The second session will be spent on individual landscape paintings of the student's choice. This class is for anyone with some previous pastel experience. Call 919-420-2329 with and email address if you did not receive your supply list. Cindy Mounce, instructs. Class Fee: \$50

#113242 Oct 7-14 F 9:30am-12:30pm

Photography – Basic Digital Photography

Age: 16yrs and up. This course is ideal for anyone who owns a digital camera (DSLR or Point and Shoot) or is interested in buying or upgrading one. Students will be able to download images to a computer, email images, achieve correct exposures, avoid redeye, understand color space and white balance, and maintain their cameras and lenses, and more. You will understand the basics of Scenic modes, Program mode, Aperture Priority, Shutter Priority, Manual modes, Depth of Field, ISO and more. This course is mainly a hands-on class, so bring your DSLR or Point and Shoot, its manual, batteries and memory cards to every class. A \$12 supply fee is due to instructor. Instructor, Theodore Salamone. Class Fee: \$70

#113085 Sep 20-27 T 6:30-9:30pm

Photography – Beginning Camera Flash

Age: 16yrs and up. Does your flash seem to have a mind of its own, or is it an unsolved mystery? Learn how to use in-camera and external flash units to properly and creatively light your subjects. We will use diffusers, reflectors and GoBos. Direct and bounced lighting techniques will also be demonstrated. You will learn how your camera's internal light meter works differently when your camera is in different modes, and when and how to use flash exposure compensation in conjunction with exposure compensation. The Inverse Square Law and color cast bounce effects will be explained. For DSLR and point and shoot cameras. Bring your camera, its manual, empty memory cards and plenty of fresh batteries. Optional: Bring your external flash, its manual and fresh batteries. A \$15 fee for Class Materials Disc of study materials and software, payable directly to the instructor. Ted Salamone instructs. Class Fee: \$35

#113087 Sep 22 Th 6:30-9:30pm

Photography – Beginning Composition

Age: 16yrs and up. Have you mastered exposure and other technical aspects of photography, but still struggle with your creative 'eye' or vision? Well this basic class will teach you how to properly compose photos to tell a better story. You will learn all the basics, including simplicity, framing, mergers, lines (diagonal, converging), the Rule of Thirds, patterns, repetition and Dutch angles. Sample images will be displayed for review and critiquing to help you visualize 'good' composition from 'bad' or none. This is a hands-on class with practice sessions so bring your camera, its manual, fresh batteries, and blank memory cards. \$15 fee for Class Materials Disc of study materials and software, payable directly to the instructor. Ted Salamone, instructs. Class Fee: \$35

#113090 Nov 9 W 6:30-9:30pm

Photography – Beginning Posing

Age: 16yrs and up. Do you have trouble placing people for photos, or would you like to learn how the pros do it so quickly? By taking this class you will learn the basics of how to properly pose individuals, couples and small groups. Go from snapshots with too much headroom and no feet to wonderful portraits with grace, drama and attitude. You will learn how to pose for formal and casual settings. We will also cover 'C' curves, 'S' curves and geometrics. For DSLR and point-and-shoot cameras.



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This is a hands-on class so bring your camera, its manual, empty memory cards and plenty of fresh batteries. Optional: bring your external flash, its manual and fresh batteries. \$15 fee for Class Materials Disc of study materials and software, payable directly to the instructor. Ted Salamone instructs. Class Fee: \$35

#113089 Nov 7 M 6:30-9:30pm

Photography – Children: Sports and Portraits

Age: 16yrs and up. Do you want to take better portraits of your family or of your children playing sports? Students with DSLRs and advanced Point and Shoot cameras will learn the basics of shutter priority and aperture priority photography. Owners of standard Point and Shoot cameras will learn how to properly use sports and other icon modes to capture the best images possible. For sports we will examine the Importance and use of ISO, camera placement, anticipation, and proper lens support techniques when going handheld or using tripods or monopods. For portraits we will discuss primary composition, the Importance of Depth of Field and tips on ambient light. Students need to bring their camera, fresh batteries, flash (if they have one) and manuals (camera and flash) to every class. A \$15 fee for Class Materials Disc of study materials and software, payable directly to the instructor. Ted Salamone instructs. Class Fee: \$70

#113088 Oct 3-10 M 6:30-9:30pm

Photography – Intermediate Digital Photo

Age: 16yrs and up. This course is for anyone who has taken an intro digital photo course or has a basic understanding of aperture, shutter, and ISO settings. Once completed, you will fully understand how and when to use aperture priority, shutter priority or manual modes, understand in-camera metering, be able to interpret histograms, perform custom white balances, the legal rights of photographers, use exposure bracketing, and have basic knowledge of camera raw imagery. A materials fee of \$15 is due to Instructor for a CD with valuable advanced photography software and extra tips that will enhance your image taking after the class. Also comprised of lectures and Q&A sessions, this is mainly a hands-on class, so bring your DSLR or advanced Point and Shoot (one with Aperture, Shutter and Manual modes), its manual, flash, extra fresh batteries and several memory cards to every class. Ted Salamone, Instructs. Class Fee: \$70

#113086 Dec 6-13 T 6:30-9:30pm

Photography – Outdoor Nature Photography

Age: 13yrs and up. Do you love nature and outdoor creatures? Then this is class for you! Learn how to compose images in an outdoor setting at Shelley Lake and Park. This class will help you with your camera while learning to photograph the Great Outdoors and its inhabitants. Students will learn tricks of the trade at the Sertoma Arts Center before heading outside to shoot. This class is for all levels. Students must bring their own camera, any kind will work! Optional shooting session around Shelley Lake after 3:00pm. Sol Levine instructs. Class Fee: \$98

#112251 Oct 22 Sa 10:00am-3:00pm

Pottery – Brush Making and Decorating

Age: 16yrs and up. Learn to make deer, moose and elk hair brushes with bamboo handles. Each brush will be original and have its own line character. Discussion of various ceramic materials used for decorating pottery and simple brushwork exercises are included. The workshop is open to all potters, however it does not qualify potters who are new to Sertoma for a studio caRoad. Bring \$6 to first class for brush making materials. Randy Hinson instructs. Class Fee: \$35

#113074 Oct 31 M 9:30am-1:30pm

Pottery – Handbuilding: Beginning

Age: 16yrs and up. This class explores techniques including pinching, coils and slabs, including an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than 2 classes



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and must attend the first class and the glazing class (approx. 5th week), in order to qualify for a studio caRoad Students will purchase materials at first class (approx. \$42). All skill levels welcome! This is a 7-week class. Instructor, Ali Sobel-Read (Winter/Spring/Fall); Tim Cherry (Summer). Class Fee: \$95

#112997 Sep 12-Oct 24 M 7:00-9:15pm

#112998 Sep 14-Oct 26 W 9:30-11:45am

Pottery – Introduction to Majolica

Age: 16yrs and up. Developed in the Middle East during the 9th century, made famous by Italian artisans, majolica is earthenware pottery with a white opaque glaze decorated with ceramic colorants brushed on top of the raw, unfired glaze. The glaze is formulated to be viscous which restricts the flow and movement of the glaze retaining most of the line quality of the decoration. This class will examine the historical aspects, designs of majolica and explore the process using commercial glazes and majolica Colors making the techniques easy for all levels of potters. Formulas for mixing your own majolica glazes/colors will be provided and discussed. If you like bright colors and painting designs on pottery, this class is for you. Prereq: Beginner Handbuilding/ Throwing class at Sertoma/Pullen or equivalent experience. New students to Sertoma must attend a brief studio safety/ orientation session at 9:00am on the first class date. Students pay glaze and color fee of \$45 at the first class. Randy Hinson, instructs skips 9/26. Class Fee: \$65

#113068 Sep 12-Oct 10 M 9:30-11:45am

Pottery – Landscape Imagery in Clay

Age: 16yrs and up. Timothy Cherry constructs relief tiles from clay and other materials to be used as stamps on his hand built pottery. In this workshop he will demonstrate the techniques he uses to make his textured tiles of landscapes. While this is a demonstration workshop, students are urged to bring their clay tools as well as sketches, photographs, or other sources of landscapes to begin designing tiles of their own. All levels of potters are encouraged to take this workshop. Prerequisite: Qualified pottery studio user from Sertoma or Pullen Arts Centers. Class Fee: \$48

#113070 Oct 1 Sa 10:30am-2:30pm

Pottery – Majolica Holiday Ornament Workshop

Age: 16yrs and up. Create beautiful and colorful holiday ornaments using the majolica pottery technique. Students select terracotta ornaments that are glazed and ready to decorate with majolica colors. An assortment of shapes and variety of decorating colors gives you unlimited possibilities. Ornaments are left for firing after the workshop and can be picked up the next week. Ornaments are individually priced (approx. \$3-\$5) and include clay, glaze, decorating colors and ribbon. Number of pieces created is up to the individual. This workshop is easy and fun, even for those with no pottery experience! (Although open to new students this workshop does not qualify students for a studio card). Randy Hinson instructs. Class Fee: \$12

#113073 Dec 10 Sa 10:15am-2:15pm

Pottery – Selected Topics in Surface Decoration I – Texture

Age: 16yrs and up. This workshop covers a brief review of surface techniques that produce interesting textures. Exposing naked clay, adding sprigs, stamping, carving, stretching, resisting with shelac and slip trailing will be covered. This workshop will mostly be a demonstration of the techniques but students are encouraged to bring several medium leather hard pots to test some of the techniques. Bring a bagged lunch! New students to Sertoma are welcome to take this workshop and bring their own pots in, however they cannot fire their pots at Sertoma and this workshop will not qualify them for a studio caRoad Sasha Bakaric, instructs. Class Fee: \$48

#113071 Sep 24 Sa 10:30am-2:30pm



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Pottery – Studio Orientation for Qualified Pullen Potters

Age: 16yrs and up. Sertoma Arts Center Pottery Studio Orientation is for Qualified Pullen Art Center Potters ONLY who wish to use Sertoma's Clay Studio. Once registered Sertoma Arts Center will confirm with Pullen Arts Center that you are a qualified pottery patron. If you are qualified and you need to renew your studio card you may do so at Sertoma the day of orientation. We will offer these orientations each session. For further questions please call 919-420-2329. Class Fee: \$25

#113075 Sep 21 W 7:00-8:00pm

#113076 Nov 16 W 7:00-8:00pm

Pottery – Surface Decoration II – Terra Sigillatas and Slips

Age: 16yrs and up. In this workshop we will concentrate on various techniques of adding slips and terra sigillatas to our surfaces. We will talk about history of these techniques, recipes and best ways of applying them. Sgraffito and michima techniques will also be covered. This workshop will mostly be a demonstration of the techniques but students are encouraged to bring several leather-hard and bone dry pots to test some of the techniques. Bring a bagged lunch! New students to Sertoma are welcome to take this workshop and bring their own pots in, however they cannot fire their pots at Sertoma and this workshop will not qualify them for a studio caRoad Sasha Bakaric, instructs. Class Fee: \$48

#113072 Nov 5 Sa 10:30am-2:30pm

Pottery – Too Much of a Good Thing is Just Enough

Age: 16yrs and up. Tim's handbuilt pottery is rich with an abundance of textures and embellishments. In this workshop he will demonstrate some of the secrets he has learned from past teachers and from experimentation that help him make his pots more visually interesting and evocative. This demonstration workshop is open to all potters but does not qualify new potters to purchase and studio caRoad Tim Cherry instructs. Class Fee: \$48

#113069 Oct 22 Sa 10:30am-2:30pm

Pottery – Wheel Throwing: Beginner

Age: 16yrs and up. This course introduces students to the basics of 'throwing' pottery, provides them with an understanding of ceramic terms, processes, and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles, and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than 2 classes and must attend the first class and the glazing class (approx. 6th week), in order to qualify for a studio caRoad Purchase materials at first class (approx. \$40). Instructor: Tina Granville or Randy Hinson (days summer only) This is a 7 week class. Class Fee: \$95

#112995 Sep 28-Nov 9 W 9:30-11:45am

#112996 Sep 27-Nov 8 T 7:00-9:15pm

Sewing Arts – Learn to Sew

Age: 13yrs and up. Learn sewing basics and then go to the market and show off your handmade bag! Learn machine basics, fabric selection, sewing terminology, and how to use basic sewing and cutting tools. If you've never used a sewing machine or if you simply need a refresher, this class will build your sewing confidence! You will need to bring your own machine. Kathryn Goodman, Instructs. Class Fee: \$45

Market totes

#112617 Sep 22-Oct 6 Th 7:00-9:00pm

Sewing Arts – Sewing from a Pattern

Age: 13yrs and up. Learn to make a simple skirt or a pair of cozy pajama pants from a commercial pattern and build sewing skills to last a lifetime. You'll learn pattern and fabric selection and how to layout, cut, and follow pattern directions. We will also cover basic garment sewing techniques such as zippers, seam finishes, and hems. Some machine sewing knowledge or the completion of a beginning sewing class is required. Students must bring their own machine. Kathryn Goodman, instructs. Class Fee: \$60

#112618 Oct 20-Nov 10 Th 7:15-9:15pm



The Sertoma Arts Center

1400 W Millbrook Road
Raleigh, NC 27612 (919) 420-2329

Fall Adult & Senior Programs

Woodworking – The Art of Woodcarving

Age: 16yrs and up. Students will be given hands on instructions in all projects, which include: Whittling a Whirli-gig, carving an animal, a Spoon, Chip carving, a Relief picture, and a special project to show your artistic abilities. Safety, Tool Sharpening, best carving woods, and where to purchase materials will be covered. Students: Please bring a black (only) Xacto Knife to class. Experienced carvers bring your Carving knives Students will pay the Instructor a total of five dollars for the Animal blank, the wood for all projects, and patterns used in class. Instructor, Fred Zinn \$5 supply fee due to instructor on first class. Class Fee: \$56

#113124 Sep 19-Oct 24 M 10:30am-12:30pm

Workshop – Artist Critique

Age: 16yrs and up. This is the perfect opportunity to bring your current work into a supportive and artistic environment to discuss and critique pieces with other artists. Healthy conversation and 'art speak' is a crucial element in advancing and growing as an artist. The instructor will lead discussion topics as well as mediate open artistic discussion. 3-D and 2-D artist and work welcome. Julie Thomsen, moderates. Class Fee: \$10

#112717 Oct 23 Su 1:30-4:30pm

#112718 Dec 11 Su 1:30-4:30pm

Exercise – Kripalu Yoga Beginning

Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breathing for relaxation, and meditation for the mind. Kripalu Yoga is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Class skips: week of November 21-25. Instructor, Susan Kilmon. Class Fee: \$48

#111817 Sep 19-Oct 24 M 6:00-7:00pm

#111818 Sep 19-Oct 24 M 7:00-8:00pm

#111819 Sep 20-Nov 1 (skips 10/11) T 12:00-1:00pm

#111820 Nov 7-Dec 19 M 6:00-7:00pm

#111821 Nov 7-Dec 19 M 7:00-8:00pm

#111822 Nov 8-Dec 20 T 12:00-1:00pm

Exercise – Kripalu Yoga Continuing

Age: 16yrs and up. This course is a continuation of Kripalu Yoga beginning class. Student's should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor, Susan Kilmon. Class skips: week of November 21-25. Class Fee: \$48

#111823 Sep 21-Oct 26 W 7:00-8:00pm

#111824 Sep 22-Oct 27 Th 12:00-1:00pm

#111825 Nov 9-Dec 21 W 7:00-8:00pm

#111826 Nov 10-Dec 22 Th 12:00-1:00pm

Exercise – Meditation

Age: 16yrs and up. Practice the art of inner listening and discover how insight and meditation can help you feel truly alive and connected with the treasure each moment brings. Bring a firm pillow and either a mat or blanket to each class. Susan Kilmon instructs. (Class skips: November 23). Class Fee: \$48

#111829 Sep 21-Oct 26 W 6:00-7:00pm

#111830 Nov 9-Dec 21 W 6:00-7:00pm



The Sertoma Arts Center

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Fall Adult & Senior Programs

Exercise – Nia

Age: 13yrs and up. Nia explores the body, mind, emotion, and spirit connection in a non-impact practice that combines martial arts, dance, and healing arts. It delivers a safe, effective cardiovascular workout with total body conditioning adaptable to all fitness levels. Before undertaking any exercise program one should consult a physician. To learn more visit www.trianglenia.com. Instructor, Julie Ihrig, Laura Ghantous, Darlene Downing, Deana Challis. Class skips: October 11, November 17 and 24-26.

Class Fee: \$48

#112341 Sep 13-Nov 1 (skips 10/11) T 9:30-10:30am
#112342 Nov 8-Dec 13 T 9:30-10:30am
#112343 Sep 16-Oct 21 F 9:30-10:30am
#112344 Nov 4-Dec 16 F 9:30-10:30am
#112345 Sep 17-Oct 22 Sa 10:00-11:00am
#112346 Nov 5-Dec 17 Sa 10:00-11:00am
#112349 Sep 15-Oct 20 Th 7:15-8:15pm
#112347 Oct 27-Dec 15 Th 7:15-8:15pm

Free Trial Class

#112853 Sep 8 Th 7:15-8:15pm

Exercise –Yoga for Overall Health and Wellness

Location: Sertoma Arts Center Age: 16yrs and up. A class for every Body, at any level, to discover the benefits of yoga poses: come stretch; find balance, greater strength, and overall well being. Known for helping with increasing energy levels and stress relief, take a yoga respite from your daily grind and make some time for your Self. This class will focus on where you are in Your body with gentle and healing postures. Bring a yoga mat or blanket. Nancy Williams, instructs. Class Fee: \$48

#112979 Sep 19-Oct 24 M 12:00-1:00pm
#112980 Nov 7-Dec 12 M 12:00-1:00pm

Exercise – Zumba at Sertoma

Age: 12yrs and up. Zumba is all about partying your way to fitness! ALL fitness levels enjoy this perfect blend of dance and exercise. You will have so much fun that you won't even realize that you're burning up to 1000 calories per class! We'll explore Salsa, Samba, Cumbia, African Dance, belly dance, and more—in a fun and easy to follow format. Usually 2 songs will be especially devoted to toning our upper bodies while we are dancing. Some classes may vary in price due to number of weeks and/or length of time of class. Call 420-2329 if you need more information. Class Fee: \$28

Second Sunday Zumba – \$28/res, \$40/non-res

#112335 Sep 11 Su 2:30-4:30pm
#112350 Oct 9 Su 2:30-4:30pm
#112351 Nov 13 Su 2:30-4:30pm
#112352 Dec 11 Su 2:30-4:30pm

Lunch Time Zumba – \$48/res, \$60/non-res

#112353 Sep 23-Oct 28 F 12:00-1:00pm
#112355 Nov 11-Dec 16 F 12:00-1:00pm

Zumba – \$48/res, \$60/non-res

#112354 Nov 8-Dec 13 T 6:00-7:00pm
#112606 Sep 20-Nov 1 (skips 10/11) T 6:00-7:00pm



The Sertoma Arts Center

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Fall Adult & Senior Programs

Exercise – Tai Chi for Beginners

Age: 10yrs and up. Tai Chi is a slow and continuous motion that is combined with a focus on physical balance and mental concentration. It is a moving meditation that relaxes body and mind. Many medical professionals endorse Tai Chi as therapeutic for various health conditions. The class will introduce basic skills of body alignment, balance, coordination, and breath control.

Through the exercise of weight transfer and core rotation, students will enhance Internal energy and build physical strength. Instructor: Dr. Xiaoqin Wu Turner. Class Fee: \$48

#113595 Sep 19-Oct 24 M 5:00-6:00pm

#113596 Nov 14-Dec 5 M 5:00-6:00pm

Exercise – Kripalu Yoga for Seniors

Age: 55yrs and up. This chair class is designed for seniors and other with varying degrees of mobility. Yoga can help relax tense muscles, loosen joints, strengthen muscles, improve digestion, circulation, and reduce high blood pressure and anxiety. You will learn gentle stretching and breathing techniques. Before undertaking any exercise program one should consult a physician.

Bring a large towel or blanket and wear comfortable clothing. Class skips November 22. Instructor, Susan Kilmon. Class Fee:\$48

#111827 Sep 20-Nov 1 (skips 10/11) T 1:30-2:30pm

#111828 Nov 8-Dec 20 T 1:30-2:30pm

Dance at Sertoma

Age: All Ages. If you love to dance then come out and enjoy an evening with dancing the night away! There will be a live band as well as dance instructors from our dance classes. This is a free dance and is open to all. This is a great opportunity to practice your steps and learn some new ones. Class Fee: \$0

#112003 Dec 13 T 7:30-9:30pm

Sertoma Group – Cardinal Singers

Age: All Ages. The Cardinal Singers ensemble is a women's chorus, sponsored by the City of Raleigh's Parks and Recreation Department. They are the winners of the 2008 Fred Fletcher Outstanding Volunteer Award of Excellence, and are now celebrating their 29th year. The Cardinals sing for a variety of occasions and groups, including civic organizations and retirement communities. They rehearse Thursdays, 9:30 -11:30am, September through May, at Sertoma Arts Center on Millbrook Road. Open auditions are held during the September rehearsals. Class Fee: \$0

#112667 Sep 1-Dec 29 Th 9:30-11:30am

Sertoma Group – Casablanca Orchestra

Age: 18yrs and up. Casablanca Orchestra is based in Raleigh, North Carolina, the Casablanca Orchestra is a powerful, well rehearsed 18 piece Big Band. Our professionally staffed instrumentation includes piano, drums, bass, guitar, 4 trumpets, 4 trombones, and 5 saxophones. Class Fee: \$1

Sertoma Group – North Raleigh Rotary

Age: 18yrs and up. The Rotary Club of North Raleigh meets weekly for fellowship, buffet lunch, and an informative presentation from a guest speaker. For information visit [http:// www.northraleighrotary.org/](http://www.northraleighrotary.org/) Class Fee: \$1

Sertoma Group – Portrait Painters

Age: 16yrs and up. If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues. Class Fee: \$1



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Fall Adult & Senior Programs

Sertoma Group – Sertoma Park Artists

Age: 16yrs and up. Come join this creative group of artists that meets every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues. Class Fee: \$1

Sertoma Group – Sertoma Writers Club

Age: 16yrs and up. Explore the zen of personal creativity and writing, using Natalie Goldberg's book, 'Writing Down the Bones' for discussion. Participants re invited to stay for the Sertoma Writers' Group meetings, immediately following. Geri Fitzgerald facilitates. Class Fee: \$1